



Agenda

8:15 – 8:45 am	<i>Registration</i>	
8:45 – 9:00 am	<i>Setting the Stage</i>	Patricia Daniluk or Lynn Ireland
9:00 – 9:50 am	<i>Increasing Participant Engagement and Confidence with Appreciative Inquiry</i>	
9:50 – 10:15 am	<i>Group Discussion</i>	Nora Lynch
10:15 – 10:30 am	<i>Break</i>	
10:30 – 11:05 am	<i>Using Motivational Interviewing and Goal Setting 2.0 to Help Your Participants Make Healthy Changes</i>	
11:05 – 11:30 am	<i>Group Discussion</i>	Nora Lynch
11:30 – 12:45 pm	<i>Lunch</i>	
12:45 – 2:15 pm	<i>All the Right Moves</i>	Darlene Blackford
2:15 – 2:30 pm	<i>Break</i>	
2:30 – 3:30 pm	<i>Moving Obesity Prevention Ahead in WIC</i>	Tracy Miller

Please complete our evaluation of the training at the end of the day. Use either this link or QR code:

<https://www.surveymonkey.com/s/WICEval>



Speaker Bios



Nora Lynch is a Registered Dietitian and founder of PreventionBuddy.com.

She completed her undergraduate studies at the University of Notre Dame and her Master's in Nutrition at the University of Chicago. Her career began as a Commodity Supplemental Food Program and WIC Dietitian in Denver in the early 90s. Her career focus has been in public health, prevention, and wellness. In 2006 she became a Certified Wellcoach and worked for several years as a health and wellness coach with English and Spanish-speaking clients nationwide. She returned to Denver WIC in 2012 and tailored the coaching psychology and communication strategies she'd learned as a wellness coach to her WIC clientele. Her desire to share the power of these wellness coaching communication techniques and prevention messages modified for WIC and public health agencies led to the founding of PreventionBuddy.com in 2013.



Darlene Blackford is a wellness educator and movement-education specialist who has taught thousands of children and adults in the area of movement-education and dance. Drawing from a diverse background including biology, nutrition, fitness/dance, her teaching experience includes all ages from preschool to adult. Ms. Blackford is adjunct faculty at Otero Junior College, La Junta, CO and creator of allthesmartmoves.com - a website devoted to movement-

learning. Mrs. Blackford holds a B.S. in Bio-

Science Education from CSU Ft. Collins and a Masters in Education from Lesley University, Cambridge, Mass.



Tracy Miller is the Colorado Department of Public Health and Environment (CDPHE), Prevention Services Division, Early Childhood Obesity Prevention Specialist. She is a Registered Dietitian, completed her undergraduate studies in dietetics at the University of Idaho and her masters of science in public health degree at the University of Colorado Health Sciences Center. She has over nine years of early

childhood public health nutrition experience through her current work, and previously as a nutrition consultant for the Child and Adult Care Food Program. She designed CDPHE's early childhood obesity prevention initiatives and currently leads the implementation effort involving several early childhood programs and partner organizations, including Colorado WIC.